



March and April Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 9:00 a.m. Beg. Spanish 10:00 a.m. Zumba Gold 11:00 a.m. Ageless Grace 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair	9:00 a.m. Aerobics 9:00 a.m. Int. Spanish 9:30 a.m. Bridge Lesson 10:30 a.m. Muscle Cond. 10:30 a.m. Int. Spanish 1:00 p.m. Bingo 1:00 p.m. 3D Open Studio 1:30 p.m. Swing Band	9:00 a.m. Chamber Ensemble 9:00 a.m. Pool Cues 9:30 a.m. 2D Open Studio 1:00 p.m. Duplicate Bridge	9:00 a.m. Knitting 10:00 a.m. Beg. Tai Chi 10:00 a.m. Current Events 10:30 a.m. Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:30 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Aerobics 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Muscle Cond. 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
3 11:45...Tai Chi Arthritis (last) 11:45.....Lunch Hot dog or chef salad 12:45.....Beyond Balance 1.....Low Vision Group	4 10.....Canasta Lesson 11:45.....Lunch Creole chicken or turkey and Swiss 1...Beginning Italian (last class)	5 9.....Health Clinic 9:45.....In Your Words 10:45.....Beyond Balance 11:45.....Lunch 1.....Movie, <i>The Sting</i>	6 10.....History of Math 11:45.....Lunch Roasted turkey with gravy or roast beef with Swiss 12:30.....Ceramics	7 11:45.....Lunch Veggie burger or tuna salad 12.....Legal Appointments
10 11:45.....Tai Chi Arthritis 11:45.....Lunch Breaded fish or chicken Caesar salad 12:45.....Beyond Balance 2:30.....Library Databases	11 10.....Canasta Lesson 11:45.....Lunch Stuffed shells or ham and Swiss 12....Dialogue with the Director <i>Italian break week</i>	12 9:45.....In Your Words 10:45.....Beyond Balance 11:45.....Lunch Roast pork or seafood salad 1.....Movie, <i>Frank & Robot</i>	13 10.....History of Math 11.....Hearing Screening 11:15.....Tai Chi Arthritis 11:45.....Lunch Ginger chicken or egg salad 12:30.....Ceramics	14 10:30.....Snack Break 11:45.....Lunch Macaroni and cheese or Mediterranean tortellini salad
17 11:45.....Tai Chi Arthritis 11:45.....Lunch <i>St. Patrick's Special</i> Corned beef stew or turkey with Swiss 12:45.....Beyond Balance	18 10.....Canasta Lesson 11:45.....Lunch Baked chicken with gravy or seafood salad sandwich 12.....Birthday Celebration 1.....Mezzogiorno Italian 1.....Fused Glass	19 9.....Health Clinic 9:45.....In Your Words 10.....Senior Bikers 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch 12:30....Rheumatoid Arthritis 1.....Movie, <i>Red 2</i> 6:30....LGBT Evening Event	20 10.....History of Math 11:15.....Tai Chi Arthritis 11:45.....Lunch Turkey broccoli casserole or BBQ chicken sandwich 12:30.....Ceramics	21 9.....Legacy Rescue Plan 10.....Book Club 11:45.....Lunch Broccoli mushroom quiche or vegetarian chef salad
24 11:45.....Tai Chi Arthritis 11:45.....Lunch Stuffed pepper or egg salad 12:45.....Beyond Balance	25 10.....Canasta Lesson 11:45.....Lunch Salmon boat or turkey sandwich with Provolone 1.....Fused Glass 1.....Mezzogiorno Italian	26 9:45...In Your Words (last class) 10:45.....Beyond Balance 11:45.....Lunch BBQ chicken or ham sandwich 12:30..Gratitude&Community <i>No movie today</i>	27 10:30.....Short Story Group 11:15.....Tai Chi Arthritis 11:45.....Lunch Roast pork or chicken salad 12:30.....Ceramics <i>History of Math break week</i>	28 9.....Alderman Norton 11:45.....Lunch Lentil stew or tuna salad 12.....Sports Talk
31 10:30.....Parkinson's Group 11:45.....Tai Chi Arthritis 11:45.....Lunch Roast turkey with gravy or seafood salad 12:45.....Beyond Balance	1 10.....Canasta Lesson 11:45.....Lunch Meatloaf with gravy or chef salad with ham 1.....Mezzogiorno Italian	2 9.....Health Clinic 9:30...In Your Words (new class) 10:45.....Beyond Balance 11:45.....Lunch Greek chicken or turkey 1.....Movie, <i>Roman Holiday</i> 1.....Intro to Drawing	3 10.....History of Math 10:30.....Short Stories 11:15.....Tai Chi Arthritis 11:45.....Lunch Hot dog or California chicken salad 12:30.....Ceramics	4 11:45.....Lunch Seafood Alfredo casserole or cottage cheese plate 12.....Legal Appointments
7 11:45.....Tai Chi Arthritis 11:45.....Lunch Macaroni and cheese or chicken salad 12:45.....Beyond Balance 1.....Low Vision Group	8 11:30.....Lunch <i>Spring Special</i> Chicken scaloppini with polenta 1.....Volunteer Luncheon 1.....Mezzogiorno Italian 1.....Fused Glass <i>No bingo today</i>	9 9:30.....In Your Words 10:45.....Beyond Balance 11:45.....Lunch Swedish meatballs or chicken salad 1.....Movie, <i>Blue Jasmine</i> 1.....Intro to Drawing 3...Good Ole Fashioned Dance	10 10.....History of Math 11.....Hearing Screenings 11:15.....Tai Chi Arthritis 11:45.....Lunch Florentine fish or turkey with Swiss 12:30.....Ceramics	11 10.....Book Club 11:45.....Lunch Broccoli mushroom quiche or Mediterranean tortellini salad 12....Dialogue with the Director
14 11:45.....Tai Chi Arthritis 11:45.....Lunch Roast turkey or egg salad 2:30.....Music Databases <i>Beyond Balance break week</i>	15 11:45.....Lunch Pot roast with gravy or tuna salad sandwich <i>Mezzogiorno Italian break week</i>	16 9.....Health Clinic 9:30.....In Your Words 10.....Senior Bikers 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch 12:30.....Boston Waterfront 1.....Movie, <i>The Heat</i> 1.....Intro to Drawing 6:30....LGBT Evening Event	17 10.....History of Math 11:15.....Tai Chi Arthritis 11:45.....Lunch Lemon Dijon chicken or roast beef with Swiss 12:30.....Ceramics	18 11:45.....Lunch Stuffed shells or seafood salad
21 Senior Center Closed Patriot's Day	22 11:45.....Lunch Chicken paprika or roast beef with American 12.....Birthday Celebration 1.....Mezzogiorno Italian	23 10:45.....Beyond Balance 11:45.....Lunch Tortellini or egg salad 12:30.....Medicaid Update 1..Movie, <i>Love is All You Need</i> 1.....Intro to Drawing <i>In Your Words break week</i>	24 10:30.....Short Story Group 11:15.....Tai Chi Arthritis 11:45.....Lunch Tyson Burger on a roll or turkey with Provolone <i>Ceramics break week</i>	25 9.....Alderman Norton 11:45.....Lunch Salmon boat or BBQ chicken 12.....Sports Talk
28 10:30.....Parkinson's Group 11:45.....Tai Chi Arthritis 11:45.....Lunch Tangerine chicken or ham sandwich with American 12:45.....Beyond Balance	29 11:45.....Lunch American chop suey or breaded chicken patty sandwich 1.....Mezzogiorno Italian	30 9:30.....In Your Words 10:45.....Beyond Balance 11:45.....Lunch Breaded fish sticks or turkey with Provolone 1.....Movie, <i>Captain Phillips</i> 1.....Intro to Drawing	Events listed at the top of the page repeat every week. Bold events require registration. Please stop by the Program Coordinator's Office on the main floor to register, email msass@newtonma.gov or call 617-796-1660. Register for lunch by 11:00 a.m. the previous day for either the hot or cold menu option.	